

INFANT FORMULA

Brand, type, and size specified on benefits balance. No substitutions.



INFANT FOOD

FRUITS & VEGETABLES

4 oz. jar, 4 oz. tub 2 pack, or 2 oz. tub 2 pack



Includes single ingredient or combination of fruits and/or vegetables (e.g., apple-banana, sweet potato-apple).

MEATS

2.5 oz. container

Meat only, may include broth or gravy.



Not included: Organic, pouches, mixtures with cereal, casseroles, desserts, dinners, or food combinations (e.g., meat and vegetables, rice, pasta, yogurt, or noodles) meat sticks, added sugar, starch, salt, or DHA.

INFANT CEREAL

ANY GRAIN OR MULTIGRAIN

8 or 16 oz. container

Not included: Organic, canned, variety packs, added formula, fruit, DHA, quinoa.



MILK

FLUID MILK

Least expensive brand. Product type and size listed on benefits balance.

- Whole or Vitamin D
- Reduced-fat (2%)
- Low-fat (1/2 or 1%) or fat-free (skim)

SPECIALTY MILK

As listed on benefits balance.

- Evaporated: 12 oz.
- Lactose-free: quart or 1/2 gallon*
- UHT
- Powder: all sizes
- 8th Continent Soymilk Original only, 1/2 gallon
- Silk Soymilk Original only, quart or 1/2 gallon
- Great Value Soymilk Original only, 1/2 gallon

Not included: Organic, flavored, imitation, buttermilk, Milnot, Vitamite, or glass bottles.

YOGURT

1 Quart = to 32 oz. tub or Multipack = to 16 or 32 oz. of cups or tubes

Any flavor: fat free, low fat, or whole fat.

Not included: Greek, organic, premium, light, mix-ins, individually sold cups, or more than 40 grams of sugar per cup.

CHEESE

U.S. MADE, PREPACKAGED

8 oz. or 16 oz. only

Any type of the following flavors or combinations of flavors:

- American - pasteurized processed
- Cheddar
- Colby
- Colby-Jack
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss
- String

Not included: Organic, cheese from deli area, cheese food, cheese product, substitute or spread, imitation or individually wrapped cheese slices, spiced, flavored, or imported.

FRUITS & VEGETABLES

NON-ORGANIC OR ORGANIC

Fruit and Vegetable Cash Value Benefits are redeemable up to the amount stated on the benefits balance.

FROZEN

- Fruit without added sweeteners
- Non-potato vegetables

Not included: Any type of frozen potato. Products with added sweetener, oils, fats, herbs or spices; creams, sauces or breading.

FRESH

- Whole or cut
- Plain bagged salad

Not included: Pickled vegetables, olives, herbs or spices, nuts, salad bar items, edible blossoms, ornamental or decorative pumpkins, or party trays with dip, dressing, or croutons.

CANNED

- Any brand
- Fruits in 100% fruit juice or water
- Regular, low sodium or no salt added vegetables

Not included: Fruit and vegetables with added sugar, syrups, sweeteners, seasonings, flavoring, fats, oils, herbs or spices, cream/cheese/butter sauce, pickled vegetables, tomato sauces, soups, salsas, mixtures with meat or legumes.

EGGS

LARGE OR EXTRA LARGE WHITE EGGS

1 dozen

Least expensive brand.

Not included: Organic.

PEANUT BUTTER

CREAMY, CRUNCHY, OR EXTRA CRUNCHY

16 - 18 oz. jars

Not included: Organic, natural, premium, spread, or mixed with other items, Reese's.

JUICE

Size is specified on benefits balance.

100% JUICE (FRUIT OR VEGETABLE) AND AT LEAST 72 MG OR 120% VITAMIN C

Any flavor, blend, or brand.

SHELF STABLE OR REFRIGERATED

64 oz. container. **For children only.**

SHELF STABLE

46-48 oz. container. **For women only.**

FROZEN CONCENTRATE

11.5 oz. - 12 oz. **For women only.**

NON-FROZEN CONCENTRATE

11.5 oz. - 12 oz. **For women only.**

Not included: Organic or premium.

FISH

PACKED IN WATER, OIL, OR VEGETABLE BROTH

Cans only

- Chunk Light Tuna: any size
- Pink Salmon: any size

Not included: Organic, Albacore or Yellow Fin, white, solid, fresh, frozen, pouches, flavored, premium brand.

BEANS, PEAS & LENTILS

DRY

1 lb. bag (16 oz.)

- Any type

CANNED

15 - 64 oz.

- Any type

Not included: Organic, boxed, baked beans, wax beans, soups, added sugars, fats, oils, added seasoning or meats.

WHOLE GRAINS

BREAD

16 oz. only. Whole wheat or whole grain loaf.

Aunt Millie's

- 100% Whole Wheat
- Healthy Goodness Whole Grain White

Best Choice

- 100% Whole Wheat

Bimbo

- 100% Whole Wheat

Bunny

- 100% Whole Wheat

Butternut

- 100% Whole Wheat

Family Choice

- 100% Whole Wheat

IGA

- 100% Whole Wheat

Kroger

- 100% Whole Wheat

Lewis Bake Shop

- Healthy Life Sugar Free 100% Whole Wheat
- Healthy Life 100% Whole Wheat

Meijer

- 100% Whole Wheat

Nature's Own

- 100% Whole Grain Sugar Free
- 100% Whole Wheat w/ Honey

Our Family

- 100% Whole Wheat

Pepperidge Farms

- Stone Ground 100% Whole Wheat
- 100% Whole Wheat Cinnamon w/ Raisins Swirl
- Light Style Soft Wheat
- Light Style 100% Whole Wheat Bread
- Very Thin 100% Whole Wheat Bread
- Whole Grain Rye

Roman Meal

- Sungrain 100% Whole Wheat

Sara Lee

- Classic 100% Whole Wheat

Schnuck's

- 100% Whole Wheat

Schwebel

- 100% Whole Wheat

Shoppers Value

- 100% Whole Wheat

Signature Select

- 100% Whole Wheat Bread

Sunbeam

- 100% Whole Wheat

Village Hearth

- 100% Whole Wheat

Wonder

- 100% Whole Wheat

Not included: Buns, rolls, bagels, or bakery items.

OATS

16 oz. only.

Any brand, quick, rolled, gluten free or old fashioned oats.

Not included: Organic, steel-cut oats, added sugar, fat, oil or salt.

BROWN RICE

14 - 16 oz.

Any brand, plain, boxes or bags, instant, quick, or regular.

Not included: Organic.

WHOLE WHEAT PASTA

16 oz. only

Any brand, any shape whole wheat pasta.

Not included: Organic.

QUESTIONS?

Just call your local Indiana WIC clinic or call **800-522-0874**.



Indiana State
Department of Health

This institution is an equal opportunity provider.

TORTILLAS

16 oz. only

Best Choice

- Whole Wheat
- Corn

Celia's

- Whole Wheat
- Yellow Corn
- White Corn

Chi-Chi's

- Whole Wheat
- Corn

Don Pancho

- Whole Wheat

Essential Everyday

- Corn Tortillas 5 1/2"
- Whole Wheat 8" Whole Grain

Food Club

- Whole Wheat

Great Value

- Whole Wheat

Hy-Top

- Yellow Corn Tortillas

IGA

- Whole Wheat

Kroger

- Whole Wheat
- Gluten Free Yellow Corn

La Banderita

- Whole Wheat or Corn

Meijer

- Whole Wheat 8"

Mi Casa

- Whole Wheat

Mission

- Whole Wheat or Corn

Ortega

- Whole Wheat

Our Family

- Yellow Corn
- White Corn
- Whole Wheat

Schnucks

- Whole Wheat

Signature Select

- Whole Wheat

Tio Santi

- Whole Wheat

TOFU

14-16 oz.

Any texture, regular or organic

Not included: Added fats, sugars, sweeteners, oils, sodium, flavoring, seasoning, fried tofu.



CEREAL

12 oz., 18 oz., 24 oz., or 36 oz. only (11.8 oz. and 23.7 oz. Instant Oatmeal allowed as an exception)

B&G FOODS



Whole Grain



2 1/2 Minute



Instant



Instant



Cinnamon



Corn



Rice



Blueberry



Multigrain



Regular



Original

KELLOGG'S



Honey



Berry Berry



Original



Original



Original Bite Size



Original, no fruit



Original



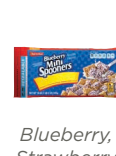
Original



Original



Chocolate



Blueberry, Strawberry Cream, Frosted

MALT-O-MEAL

POST



Crispy Rice



Original



Vanilla Bunches



Cinnamon Bunches



Whole Grain Honey Crunch



Almonds



Whole Grain Almond Crunch



Honey Roasted



Original



Original

QUAKER

STORE BRANDS



Corn Flakes



Crispy Rice



Instant Oatmeal



Frosted Shredded Wheat



Toasted Oats



Rice Squares



Corn Squares



Corn Hexagons



Rice Hexagons

Cereal Store Brands:

Best Choice, Essential Everyday, Food Club, Great Value, Hy-Top, IGA, Kiggins, Kroger, Meijer, Our Family, Shopper's Value, Schnucks, Shurfine, Signature Select, ValuTime.